

-First Unitarian New Jersey-

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# Expectations of Forgiveness

Rev. Carole Yorke

October 16th, 2022

Music - Markus Grae-  
Hauck



Welcome - Board Minute

Chalice Lighting - Chris

Song: #323 Break Not the Circle

Time for All Ages:  
“Lilly’s Purple Plastic Purse”

Joys and Sorrows: Chris

Meditation: Rev. Carole

Song: #1045 Balm in Gilead

Reading: Rev. Carole

Anthem: “One of Us” - Eric Bazillian

Reflection: Rev. Carole

Interactive: Rev. Carole

Offering: Angels for Action

Closing Song: #400 Shalom Havayreem

Extinguishing the Chalice: Rev. Carole



Rev. Carole:

We believe that forgiveness is a choice.

If you have been deeply hurt by another, you can choose to forgive rather than hold on to debilitating anger and resentment.

In doing so, an amazing transformation begins. The black clouds of anxiety and depression give way to enhanced self-esteem and genuine feelings of hopefulness.

When you forgive, you may benefit the person you forgive. By liberating yourself from the pain and sorrow, you can reclaim your life and find the peace that your anger had stolen.



## Congregational Pledge:

- Forgiveness is an important part of my life.
- I will do my best to forgive people from my family of origin.
- I will be a conduit of forgiveness in my family.
- I will forgive in the workplace and do my best to create a forgiving atmosphere.
- I will encourage forgiveness in my place of worship so that it is a forgiving community.
- I will do my best to plant and promote forgiveness in my wider community.
- I commit to living the forgiving life.

# This Month's Share-the-Plate

## Angels For Action

You can send your  
marked check to:

First Unitarian  
2560 Highway 22 #324  
Scotch Plains, NJ 07076

Or donate online at:  
[Fusp.org](http://Fusp.org)





# Next Week - Social Action Sunday



## Fanwood/Scotch Plains Crop

To Walk - **Walk** Oct. 23

All Saints' Episcopal Church

559 Park Ave., Scotch Plains

Sign in at 1:30 p.m. inside the church.■

**Team Page - To Join our Team or  
Donate**

<https://events.crophungerwalk.org/2022/team/first-unitarian-of-new-jersey>



# **VIRTUAL COFFEE HOUR**